

RULES & REGULATIONS

FORMS COMPETITION

All competitors must have traditional Martial Arts uniform with belt in order to compete. All forms will be judged on a basis of rank and ability: i.e. stance, snap, concentration, attitude and ability, not on correctness of the form. One styles idea of correctness can vary from another. Forms will only be judged on the fore mention qualities.

SPARRING COMPETITION

COLOR BELT

Full gear must be worn: Head/Hand/Foot gear, groin cup and mouth piece must be worn during all free sparring matches.

No open hand, lead hand or backfist techniques will score for a point, but may be used as faking techniques. No head punch.

- Color belt sparring will be 5 points or 2 minutes, whichever comes first.
- Point areas will be chest and sides of the body with reverse punch. Well controlled kicking techniques will score to face mask area and sides of the head. Well controlled kicking techniques will score to the sides of the body, abdomen, chest and solarplexes. Excessive contact will result in a warning followed by disqualification.
- Any competitor or instructor showing willful disrespect to judges or competitors will be immediately disqualified.
- Any competitor arguing or challenging the center referee will be immediately disqualified.
- Any drawing of blood will result in immediate disqualification.

No coaching allowed from instructors, parents, spectators or competitors while sparring match is going on. This could result in competitor being disqualified.

BLACK BELT

First to 5 points: 3 minute rounds

All rules for color belt apply, although face punch with control, is a point **18 and older**. Judges must use discretion in deciding on excessive contact even with blood drawn. It must be an unanimous decision to disqualify a competitor. If competitor walks into an attack and is injured the match may continue if all judges and competitors agree.

BREAKING COMPETITION

All boards including children and adults must be purchased at the tournament to insure fairness in the competition. All boards both children and adults will be the same quality.

CHILDREN (*Recommended*)

8 and under may use 1/4 inch boards

9-12 may use, 1/2 inch boards per station or 2 1/4 inch boards per station

13 up may use 1 inch boards or 2 1/2 inch boards per station

JUDGING

Judging of breaking will be primarily based on the degree of difficulty and number of tries to succeed.

Scoring: first Attempt 10.0-9.0, Second Attempt 8.9-8.0, Third Attempt 7.9-7.0

Center Judge may use his/her discretion pertaining to holder movement etc.

17 YEARS OLD AND UNDER ALL RANKS 2 STATIONS

18 YEARS OLD AND OVER BLACK BELTS 3 STATIONS

COLOR BELTS: Any number of boards 2 stations, 2 tries

BLACK BELTS: Any number of boards 3 stations, 3 tries

MASTERS: Any number of boards 3 stations, disqualification after 1st miss.

**BLACK BELT WINNERS ARE ELIGIBLE TO COMPETE FOR GRAND CHAMPION.
IF 1ST PLACE BOWS OUT 2ND PLACE WINNER CAN COMPETE!**